



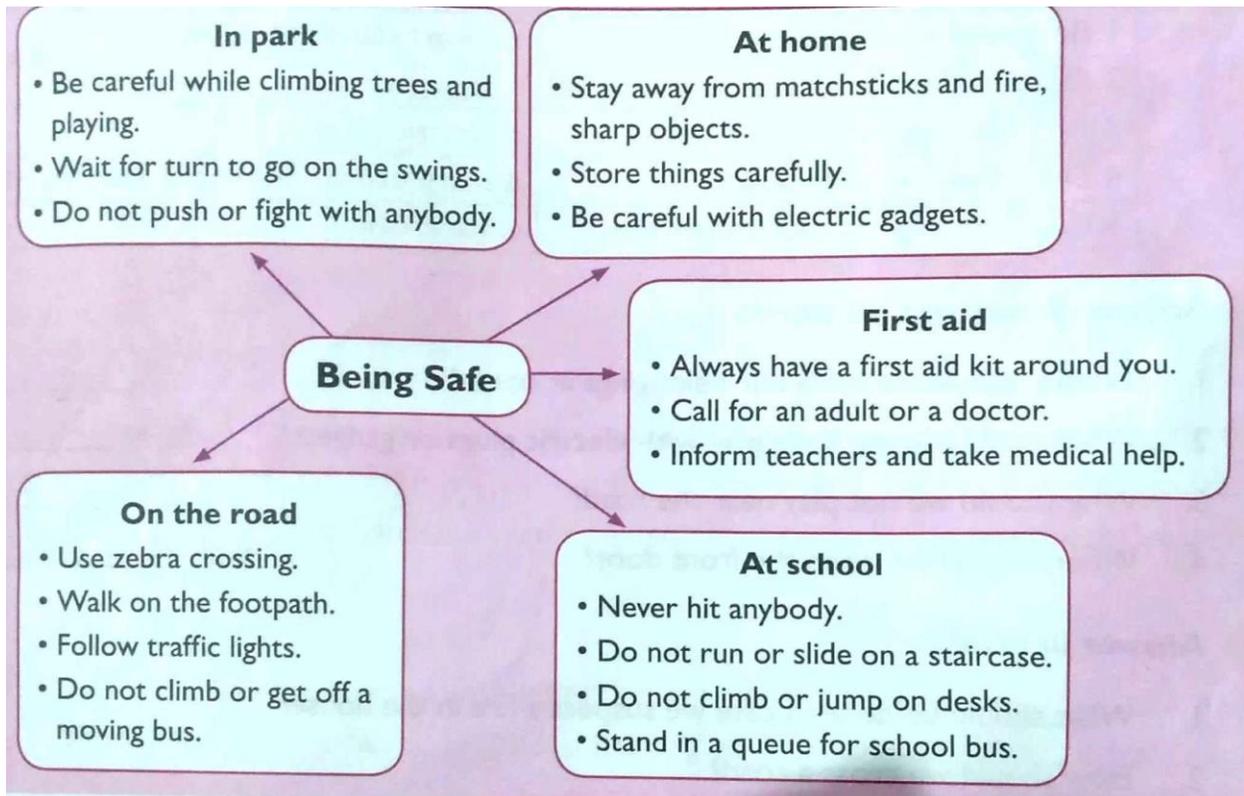
PUBLIC SCHOOL DARBHANGA

SESSION (2020-21)

CLASS-III

BEING SAFE

We must ensure that our surroundings are safe for us and other people. To do so we should try and follow some rules.



Being safe at home

Safety begins at home. Read the following rules carefully and practice them every day.

1. Always be careful when using sharp objects like knives, needles, scissors and blades.
2. Put your toys, bags, books, and other belongings in the cupboard or other storage areas. You or someone else might trip and fall if they are left lying around on the floor.
3. Stay away from fire and do not play with matchsticks. They could cause serious burn injuries.

- Do not insert fingers in electric plugs and do not touch electric gadgets with wet hands. Doing so might result in an electrical shock. Alert any grown-up in the house in case you suspect a fire or you spot the gas on without any food being cooked.



Don't talk to stanger while going to school.



Never open the door for unknown person.



Be cautious with electrical appliances.



Avoid playing in the kitchen.



Never operate switches with wet hand.



Don't play with sharp edged objects.



Don't play with fire.



Never sit or lean on the parapet wall.

Being safe on road

It is also important to practice certain safety rules on the road.

- Always use the zebra crossing to cross the road.
- Never cross the road in a rush. Look to your right, then left, then right again. Ensure that the road is clear of traffic before crossing it.
- Walk on the footpath and be alert to traffic.
- Red light means "stop" while green light means "go" Follow the traffic lights.
- Never get on or off a moving bus or any other vehicle.
- Remember to wear seatbelt while sitting in the front seat of the car.

ROAD SAFETY SET



7. Never play near or on the road as you may get hit by a moving vehicle.

Being safe at school

We must follow certain safety rules a school too.

1. Do not hit other students or throw things around. Someone can get hurt.
2. Do not run or slide down a staircase. If you lose balance, you could have a bad fall.
3. Do not climb and jump on the desk and chairs.
4. While waiting for your school bus, always stand in a queue and do not push others.



Being safe in the park

We must stay safe in parks and others public places.



1. Be careful while climbing tall trees and swings as you could fall and get hurt.
2. Wait for your turn on a swing and do not push or fight with the other children in the park.

Safety in general

While the above rules apply to particular places, some safety rules apply in general

1. We must always be alert and aware of our surroundings.
2. If you notice any toy, bag or any other unclaimed object lying around, do not touch it. Report the matter to a grown-up or a police officer.
3. Do not open the door of your house unless you know the person who has come.
4. Do not talk to strangers and give them personal information like your school name, house address, etc.
5. Avoid visiting lonely or dim-lit places alone.
6. Always keep your parents informed about where are you going.
7. Your chest, hips and the area between your legs are your private parts. If anyone tries to touch these parts and makes you feel uncomfortable, move out of the place and inform your parents immediately.

First aid

While we try to stay safe, there might be times when an unexpected accident or mishap occurs. It is important to stay calm in such a situation and use first aid. First aid is the help given to an injured person immediately after an injury occurs.

The following steps should be followed while giving the first aid.

1. Always keep a first aid box handy. It must contain basic medicines, antiseptic solution and bandage.
2. Ensure that a crowd does not gather around the injured person.
3. If the injured person is in his/her senses, try to make them sit or lie down and talk to them.
4. Call for the doctor or take help from an adult.
5. If the person has suffered an injury and is bleeding clean the wound carefully and wrap a bandage over it.
6. If a person has suffered a burn injury, it should be cooled using ice water or running tap water until the pain reduces.
7. If you hurt yourself, inform the teachers or parents and take medical help if needed.

